BRIEF GRIEF QUESTIONNAIRE*

1. How much are you having trouble accepting the death of ____________?
   Not at all............. 0    Somewhat............ 1    A lot.................. 2

2. How much does your grief still interfere with your life?
   Not at all............. 0    Somewhat............ 1    A lot.................. 2

3. How much are you having images or thoughts of ____________ when s/he died or other thoughts about the death that really bother you?
   Not at all............. 0    Somewhat............ 1    A lot.................. 2

4. Are there things you used to do when _____ was alive that you don’t feel comfortable doing anymore, that you avoid? Like going somewhere you went with him/her, or doing things you used to enjoy together? Or avoiding looking at pictures or talking about _______? How much are you avoiding these things?
   Not at all............. 0    Somewhat............ 1    A lot.................. 2

5. How much are you feeling cut off or distant from other people since ______ died, even people you used to be close to like family or friends?
   Not at all............. 0    Somewhat............ 1    A lot.................. 2

A score of 4 or more suggests an individual may have complicated grief.
(M.K. Shear, personal communication, January 2014).
Refer the individual to a grief specialist for further evaluation.

*Developed by M. Katherine Shear MD and Susan Essock Ph.D. Included with permission.[25]